TACTICS FOR BREAKFAST

1. Go Lean with PROTEIN FOODS.
2. Focus on VARYING YOUR FRUIT CHOICES.
3. Try to drink plain beverages.
4. Choose small portions of gravies, cream, cheese sauces.
5. Substitute fresh fruit for dessert.

TACTICS FOR LUNCH

6. Go light on更高的-FAT ADDITIONS.
7. Eat slowly, and stop eating before you feel too full.
8. Choose between whole-grain, low-fat breads, and bagels.
9. Go light on higher-fat additions when you eat away from home.

TACTICS FOR DINNER

10. Choose between whole-grain, low-fat breads, and bagels.
11. Try to drink plain beverages.
12. Choose a variety of vegetables each day.

GENERAL GUIDELINES

1. Trim your serving size.
2. Go lean with protein foods.
3. Choose vegetables from a variety of colors.
4. Limit snacks.
5. Choose 100% fruit juice.

TACTICS FOR BREAKFAST

1. Go light on higher-fat additions.
2. Go light on higher-fat additions when you eat away from home.
3. Choose between whole-grain, low-fat breads, and bagels.
4. Go light on higher-fat additions when you eat away from home.

TACTICS FOR LUNCH

1. Go light on higher-fat additions.
2. Go light on higher-fat additions when you eat away from home.
3. Choose between whole-grain, low-fat breads, and bagels.
4. Go light on higher-fat additions when you eat away from home.

TACTICS FOR DINNER

1. Go light on higher-fat additions.
2. Go light on higher-fat additions when you eat away from home.
3. Choose between whole-grain, low-fat breads, and bagels.
4. Go light on higher-fat additions when you eat away from home.

TACTICS FOR BREAKFAST

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TACTICS FOR LUNCH

1. Go light on higher-fat additions.
2. Go light on higher-fat additions when you eat away from home.
3. Choose between whole-grain, low-fat breads, and bagels.
4. Go light on higher-fat additions when you eat away from home.

TACTICS FOR DINNER

1. Go light on higher-fat additions.
2. Go light on higher-fat additions when you eat away from home.
3. Choose between whole-grain, low-fat breads, and bagels.
4. Go light on higher-fat additions when you eat away from home.